

**SPRING 2016**  
**ONGOING FOSTER PARENT TRAINING OPPORTUNITIES**  
**AT THE LAKE COUNTY DEPARTMENT OF JOB AND**  
**FAMILY SERVICES**

**OPENING THE DOOR TO INDEPENDENT LIVING – OVERVIEW (941-1)**

**\*\* ALL FOSTER PARENTS LICENSED FOR CHILDREN 14 YEARS OF AGE AND UP ARE REQUIRED TO OBTAIN AN INDEPENDENT LIVING SKILLS TRAINING EVERY CERTIFICATION PERIOD \*\***

**WEDNESDAY, APRIL 13, 2016 (6:00 P.M. – 9:00 P.M.)**

Kathy Lowery will introduce foster parents to the many challenges that adolescents face when leaving foster care and moving toward independent living.

**ZZZ'S TO A'S: SUPPORTING SLEEP FOR BETTER FUNCTIONING (990-21)**

**TUESDAY, MAY 17, 2016 (6:00 P.M. – 9:00 P.M.)**

Stacy Simera will educate foster parents on child and adolescent sleep needs, the effects of chronic sleep deprivation, and how to better support healthy sleep.

**FOR BETTER OR FOR WORSE: HOW TO GET ALONG**  
**WITH THE SYSTEM (989-41)**

**SATURDAY, JUNE 25, 2016 (9:00 A.M. – 12:00 P.M.)**

Jim Still-Pepper will help foster parents learn ways of dealing with the "system" that will help them avoid burnout. This will be a fast-paced training, filled with lots of success-oriented strategies. There will be no time for complaining!

**DO-ABLE DISCIPLINE (925-128)**

**SATURDAY, JUNE 25, 2016 (1:00 P.M. – 4:00 P.M.)**

Jim Still-Pepper will help foster parents explore ways of creating a discipline system that works. This workshop is driven completely by the needs/problems presented by the caregivers. No theory here - just practical, proven "stuff!"